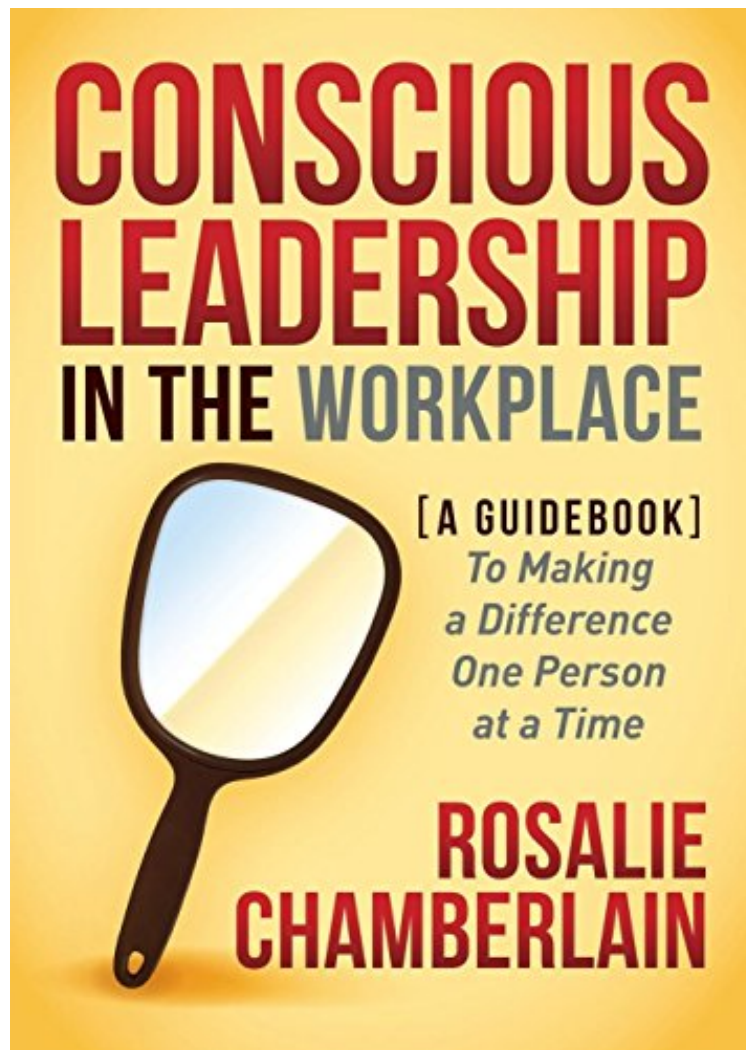


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Conscious Leadership in the Workplace: A Guidebook to Making a Difference One Person at a Time

Rosalie Chamberlain

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Rosalie Chamberlain : Conscious Leadership in the Workplace: A Guidebook to Making a Difference One Person at a Time before purchasing it in order to gage whether or not it would be worth my time, and all praised Conscious Leadership in the Workplace: A Guidebook to Making a Difference One Person at a Time:

1 of 1 people found the following review helpful. 6 Things I love about this bookBy K E E singhThese are the six things I loved about this book:# 1 ndash; The questions and exercises.The book prompts you to answer some very self-reflective questions. For example: Where is your focus? What motivates and demotivates you? What price are you willing to pay to achieve your desired goal? Do I make assumptions based on voice, appearance etc.?It will make you

reflect more consciously about your own personal situation, your behaviours and daily practices. Whether you answer them or not, it will make you think. # 2 ndash; The exercises The exercises that are mentioned throughout the book and then printed separately one more time at the end. For every person who is planning to hire an executive coach, it would be a good preparation and self-reflection before meeting the coach face to face. But even if you want to give it a try to coach yourself, it will help you to look at your situation more seriously. However, discussing your answers to the questions with a coach would definitely make more sense and be more productive. # 3 ndash; The topics covered. I liked the fact that it talked about topics that often you don't hear much about. For example, the conscious and unconscious biases you might have and what impact it can have on your personal and/or corporate life. How you can stop the blame game, how you can claim your authentic power, how thinking duality can stifle possibility, your healthy and unhealthy ego etc. It also talks about what triggers you and what strategies leaders can apply in order to create an inclusive environment so that everyone can contribute and succeed. # 4ndash; The personal experiences. A book that includes the coach's own personal experiences (e.g. with the problems that some of Mrs Chamberlain's clients were struggling with) makes the entire content much more meaningful. I wished some of the more theoretical parts would have been reduced in their length and replaced instead with some more additional personal episodes from the author. However, those personal experiences that have been mentioned, were very good and memorable. # 5 ndash; The little format. I liked the little practical format which makes it easy to carry. # 6 ndash; The quotes Every topic starts with a good quote from a well-known personality. A recommendable book for every leader, you don't need to be the CEO of a company in order to benefit from this book! 1 of 1 people found the following review helpful. A cool little book for all of us worker bees! By JerseyPeach Rosalie Chamberlain wrote a cool little book called *Conscious Leadership in the Workplace*, and the best part about it ndash; for me at least ndash; is the Appendix. Here are some of the questions you'll find there: • Who are you? • What gives you joy? • If you were to give a TED Talk, what message would you give? • Write down your values. Now narrow it down to the top five. • Ask yourself if you would confidently follow your leadership? Even if you don't write down the answers, those are still interesting questions to consider. This book is about values. The kind of values that can make you a leader in the workplace. The ideas expressed in Rosalie's book apply to just about anybody who has ever held a job. It's a mini-course in bringing your best YOU to the job. The people who truly know themselves, are not ruffled if things don't go exactly according to plan, can take criticism and see where it's coming from, and still keep a smile on their face all day long ndash; those people are the ones we pretty much gravitate to at work if we want advice or just need to vent. Those people are leaders. Those people get ahead. Those people probably read Rosalie's book! 0 of 0 people found the following review helpful. Creates a shift in how you approach work and life for sure! By Alexander H. Chamberlain has created a kind of spiritual manifesto for the workplace with exercises to support her thesis. Although it is a quick read, the concepts will take time to sink in for most, and I recommend sitting with each chapter for a few days or weeks before moving on to the next. After completing the exercises and reading each chapter, you'll begin to see the world - and certainly your workplace - in a new way. Each chapter offers a new way (supported with exercises) in which to challenge your thinking that will shape how you show up at work and in your life in an entirely new way.

Some leaders realize that having a diverse workforce can enhance creativity and innovation with the prospect of serving a global marketplace. Of course, to do this requires hiring and developing the top talent which is also sought after by the competition. How does an organization attract and retain that talent? How does the business become an employer of choice? And, when diverse employees come onboard, what makes them want to stay? Inclusion is where the rubber meets the road. If your employees do not feel included as valuable contributors to the organization, they will look for another place to work. "*Conscious Leadership in the Workplace*" challenges you to think about, recognize, understand and feel how you think. It challenges you to examine how you lead and explore unconscious and conscious biases that are exhibited in your daily practices, behaviors, policies and procedures. Discover: * Who you are and what messages you are broadcasting. * What fear has to do with it. * Unconscious biases and their impact. * What triggers you. * How Either/Or thinking (Duality) stifles possibility. * How to leave the ego at the door. * How to stop the blame game. * How to claim your authentic power. "*Conscious Leadership in the Workplace*" is a guidebook that helps you explore how you can Make a Difference One Person at a Time. Take the diversity and inclusion discussion to the next level and make it happen by creating an inclusive environment where everyone has the opportunity to contribute and succeed. Conscious leadership begins with one single person. That person is you!

"Rosalie Chamberlain's book is a thoughtful and practical exploration of what it means to lead in today's complex and hectic workplace. Written from the perspective that all of us are leaders regardless of the specific roles or titles we hold, this book serves as a guide for anyone and everyone who wants to lead in an inclusive and transformative way. It's a great resource for those who want to start or deepen their journeys into their development as leaders!"